

# **FAMILY AND CONSUMER SCIENCE**

1. Career, Family and Community Connections
2. Consumer and Family Resources
3. Family
4. Human Development
5. Interpersonal Relationships
6. Nutrition and Wellness
7. Parenting



## **Family and Consumer Science**

FACS1000 I DON'T KNOW WHAT TO DO.

Note: This video contains realistic scenarios to help guide students step by step through decision making situations. The dramatizations give them practical advice on how to describe what's right for them.

FACS1003 FUNDAMENTAL TABLE ETIQUETTE. [01/01/94].

Note: Viewers learn by example how to use china, silverware, stemware, and napkins; proper etiquette when eating each part of a four-course meal; and answers to commonly asked table etiquette questions. 35 min.

FACS1004 FUNDAMENTAL RESTAURANT ETIQUETTE. [01/01/94].

Note: This program demonstrates procedures for choosing a restaurant, being seated, ordering food and tipping. Both a social dinner and a business dinner give examples of proper etiquette to follow. 20 min.

FACS1005 BABYSITTING ABC'S. [01/01/94].

Note: This video enlightens teens interested in starting their own baby-sitting service about the basic requirements of being a sitter. Good child care skills, organization and some basic information about running their own business are essential to being a good baby sitter. A teen who thinks sitting is an opportunity to earn some money with very little effort will quickly learn that this is not true. This program is also valuable for teens who have already done some sitting, but would like to sharpen their skills or expand their business. Run time is 20 minutes.

FACS1006 HOW TO START A FAMILY DAY CARE BUSINESS. [01/01/96].

Note: This video presents information on owning and operating a family day care business. Topics include seeing to the physical, emotional, and social well-being of children, as well as basic information on entrepreneurship and business basics. Run time is 49 minutes.

FACS1007 GOAL-SETTING: SELF-ESTEEM IN ACTION. [01/01/97].

Note: This highly motivational videotape contrasts expectations and goals. Several influential people who have made use of goals successfully, including Susan Forte, NASA Teacher in Space, give their methods and experiences with goal-setting. A detailed list of steps to take in goal-setting is provided including: writing goals, visualization and positive self-talk. Many thought questions and action suggestions are also provided. An instructor's guide is included. Run time is 44 minutes.

FACS1008 GET THE "FACS". South Dakota State University, [1998].

Note: This video provides information on Family and Consumer Sciences courses and careers. Skills focusing on relationships at school, home and in the community are covered as well as those needed for the workplace, job shadowing, mentoring and experiences in the community. Run time 15.

FACS1009 HOW TO BE THE PERFECT WAITER OR WAITRESS. Los Angeles: LAPS, [1996]. Note: This video teaches how to approach guests with confidence, how to take orders with ease, and discusses the five critical points of service. Run time 42 minutes.

FACS1013 FIRST DAY AT WORK. C.W. Publications, [2000].  
Note: An interactive video simulation where the viewers help a recent graduate make everyday workplace decisions that will make the first day on the job a success or failure. Viewers will see what happens when both the right or wrong decisions are made. Entertaining and informative. Supplemental instructional manual included. Run time is 41 minutes.

FACS2003 CLOTHING: A CONSUMER'S GUIDE.  
Note: This video presents information to help the viewer become a better consumer when buying clothing. It discusses consumer information on clothing labels and ways to select clothing that will wear well and long. Run time is 40 minutes.

FACS2011 TRAVEL SAFE! [01/01/94].  
Note: This program employs a reformed burglar who tells the types of things he would look for when planning to rob a house or mug a victim. Tips are given for securing your home while traveling, driving and flying safely, hotel safety and walking safely in strange surroundings. Run time is 23 minutes.

FACS2012 MONEY MANAGEMENT: STASHING THE CASH. [01/01/94].  
Note: This program highlights the importance of beginning early to save money for future large purchases. Savings accounts that pay interest are recommended. Other bank services such as checking accounts, ATM cards, loans and safe deposit box rental are also explained. Run time is 12 minutes.

FACS2013 MONEY MANAGEMENT: BUDGETS AREN'T FOR PUSHOVERS. [01/01/94].  
Note: The importance of setting up a budget to manage money is discussed. The viewer learns a step-by-step plan for setting up a budget that will help meet financial goals. Run time is 15 minutes.

FACS2014 MONEY MANAGEMENT: DON'T SHOP TILL YOU DROP. [01/01/94].  
Note: Careful shopping is the topic of this program. Credit cards and how to use them wisely to purchase items too expensive to pay for at once is covered. The program also suggests waiting a day to think over a purchase, using the layaway plan and keeping receipts in case of a need to return an item. Run time is 10 minutes.

FACS2015 MONEY MANAGEMENT: BUILDING YOUR MONEY PYRAMID. [01/01/94].  
Note: A pyramid is used to illustrate the steps involved in successfully meeting financial goals over one's lifetime. Savings, investments and tax management strategies are explained. Run time is 13 minutes.

FACS2018 THINK SAFE: ELECTRICITY. [01/01/94].

Note: Household electrical safety hazards are documented and suggested precautions are given for using electricity safely in the home in this program. Run time is 14 minutes.

FACS2019 THINK SAFE: FIRE. [01/01/94].

Note: A fire inspector points out fire hazards in all rooms of the house and offers tips for correcting any problems. Run time is 14 minutes.

FACS2020 THINK SAFE: HOME SECURITY. [01/01/94].

Note: In this program a crime prevention expert points out steps to be taken to secure the home from unauthorized entry. Electronic security systems are also explained and demonstrated. Run time is 17 minutes.

FACS2021 THINK SAFE: ACCIDENTS. [01/01/94].

Note: In this program a safety expert highlights corrections to be made in the home to avoid slips, falls, fire, electrical shock and other possible accidents. Instructions are given for accessing emergency assistance. Run time is 17 minutes.

#### **FACS2024**

THE FRANK LLOYD WRIGHT WAY: APPRENTICES TO GENIUS

**NEWLY ADDED**

For Grades 7-12 This program features America's most famous architect, Frank Lloyd Wright, as told from the perspective of four of his apprentices. From 1932 to 1956, the four collectively were disciples of one of the most creative architect spirits of then 20th century at the height of his career. They studied under Wright and worked beside him on many of his most famous buildings. He gave them organic architecture and a way to live. These apprentices form a link to our architectural historic past. Using historic film footage, still photographs, drawings, and building plans, these four apprentices share anecdotes about Wright to help provide you an intimate portrait of this extraordinary American genius. A Teacher's Guide is printed inside the VHS cover. Total Running Time is 51 minutes.

FACS2027 THE FIRST TIME HOME BUYER. [01/01/96].

Note: One of the largest and more important investments made in a person's lifetime will be the purchase of a home. This live-action videotape provides viewers with guidance and sound advice to use during the home buying process. Interviews with professionals including a financial lender, a realtor, builder and title company representative provide insight into the home buying market. Necessary steps involved with the process are discussed and explained in easy-to-understand terms. Helpful hints to make the process less challenging are also provided. Run time is 29 minutes.

FACS2028 INTELLIGENT MONEY MANAGEMENT. [01/01/94].

Note: This informative program shows viewers that the ability to be in control of their finances influences more than just their bank balances. Viewers learn how to make the most of even a part-time or entry-level income, and establish life-long habits that will lay the foundation for a sound financial future. Viewers will learn how to: create a budget; assess their

disposable income; set short- and long-term goals; establish a spending and savings plan; differentiate between gross and net take-home pay; choose the right bank account; and use credit wisely. Run time is 30 minutes.

FACS2030 FASHION FLASHBACKS. [01/01/95].

Note: This video presents a flashback to the fashions and styles of the 1950's and 1960's. Runway shows and photo shoots that inspired today's fashion trends are featured. Run time is 60 minutes.

FACS2033 THE MAGIC OF ACCESSORIES. [01/01/95].

Note: This video focuses on three basic concepts: defines accessories and their importance and provides guidelines for use. An instructor's guide is included. Run time is 11 minutes.

FACS2035 FASHION SHOW HIGHLIGHTS, SPRING 1997. [01/01/97].

Note: This six-part documentary series, originally produced for the BBC and broadcast on PBS stations, uses exclusive interviews and unprecedented access to the world's top design names to strip away the glitz of the fashion business and reveals the bottom line -- an industry that generates \$1.3 trillion a year. Run time is 30 minutes.

FACS2037 FASHION CAREERS. [01/01/97].

Note: This video shows that opportunities are endless for individuals interested in a fashion career in such careers as a model, show coordinator, make-up artist, hair stylist or modeling agency executive. Experts share a wealth of information on personal experiences and advice toward pursuing a job in the industry. Run time is 20 minutes.

FACS2038 BEHIND THE SCENES: THE FASHION SHOW. [01/01/97].

Note: This fast-paced program offers a behind the scenes look at a fashion show. Learn how and why fashion shows are produced. Viewers will be guided step-by-step through the planning process of booking models, fitting clothes, promotion and rehearsal to the actual show. Meet fashion professionals and take a look at their role in the production of a show. Receive advice from a show coordinator, models, a hair stylist, a make-up artist and a business owner in the world of fashion. Run time is 21 minutes.

FACS2042 DOLLARS AND SENSE: BUDGETING. C.W.Publications.

Note: In this CD ROM simulation, students must create a spending plan that fits their income and family size. They'll make real life spending decisions in 15 different categories from housing to food to entertainment.

FACS2043 DOLLARS AND SENSE: CARS. C.W.Publishing.

Note: In this CD ROM simulation, students will be able to shop at four dealerships and view the available cars and trucks. They will be able to compare the costs of leasing and buying. They can compare financing at the dealership and at four financial institutions. They'll even meet with the loan officers to complete their loan. They'll compare insurance rates at four agencies. When they've chose a vehicle that fits their budget, they can print out a financial summary to turn in.

FACS2044 DOLLARS AND SENSE: CLOTHING. C.W.Publications.

Note: Your students can shop till they drop in this CD ROM simulation. They can view the clothing in a variety of stores and buy what fits their needs, their tastes, and their budget. As they shop, the program will create a summary of what they bought in each store, what it costs including sales tax, and if they paid with cash or credit. They can print a summary of their shopping to turn in.

FACS2045 DOLLARS AND SENSE: FOOD. C.W.Publications.

Note: In this CD ROM simulation your students must eat three meals a day over a one week period. They can eat at home or check out the menus at dozens of restaurants from fast food to fine dining. But they must stay within their budget and they'll find some surprises along the way.

FACS2046 DOLLARS AND SENSE: HOUSING. C.W.Publications.

Note: In this CD ROM simulation, your students will learn what it takes to buy a home of their own. They'll actually view the available properties to see what they like and what fits their budget. They'll compare financing at four financial institutions and shop for homeowner's insurance coverage. When they've made their choices, they'll close the deal by signing the sales contract and the mortgage. They can print out a financial summary to turn in.

FACS2047 DOLLARS AND SENSE: WORKING. C.W.Publications.

Note: Your students will complete a self evaluation to determine what they like to do and then select a personal profile that fits their real interests. They'll search the "Help Wanted" database for available jobs. They will create a resume and write a cover letter to apply for a job and even answer interview questions.

FACS2052 APARTMENT RENTING 101: WHAT HAPPENED TO MY SECURITY

DEPOSIT? Cambridge Educational. Note: This comprehensive 30-minute video examines all the issues that need to be considered to find comfortable housing at a reasonable price. The program is ideal for teaching independent living skills to teens or adults.

FACS2053 NO BRAINERS: BUYING A NEW CAR. Cerebellum, [1998].

Note: Prepare yourself for the confusion and excitement of buying a new car. Learn how to do the consumer research and the methods to choose the perfect car for your lifestyle and budget. Find out how you can dispose of your old car, evaluate the pros and cons of purchasing and leasing, and map out financing options. We'll show you what's in the salesperson's bag of tricks and how to negotiate for a fair price. Run time is 60 minutes.

FACS2054 BECOMING A WISE CONSUMER. BERGWALL, [1994].

Note: This video surveys consumer protection agencies and defines credit, presents aspects of insurance, and details step-by-step procedures for purchasing a car. Run time is 23 minutes.

FACS2055 UNDERSTANDING CREDITS AND LOANS. Education Associates.

Note: This program is designed to teach the basics of applying for credit and loans and the wise use of credit. Users will learn important terms such as interest, collateral, installments, assets and liabilities. Also stressed is the importance of developing a good credit history and how to do so. Users will gain practice in completing a loan application. CD included pre- and post-tests, interactive self discovery questions and learning in action activities.

FACS2057 BE SENSIBLE: DON'T DRIVE YOURSELF TO DISTRACTION **NEWLY ADDED**  
VHS This program talks to teens in their language about the challenges posed by various driving distractions and how they can overcome them to become more safe and responsible motorists. A comprehensive tool for teachers to help young drivers minimize distractions while behind the wheel. It utilizes the technical assistance of the National Highway Traffic Safety Administration and the American Driver and Traffic Safety Education Assoc. Run time is 8 minutes. Teacher's Guide Included. 2002

FACS3000 DOMESTIC VIOLENCE: BEHIND THE WALLS. WRI Education.  
Note: This is the number one program used in dealing with domestic violence problems. It is not only a great tool to communicate with victims and abusers, but also to use in educating others about this overwhelming problem in our society. Run time is 57 minutes.

FACS3001 COME IN FROM THE STORM.  
Note: This video has become the most widely used program on child abuse in the country. The program is presented in three very sensitive yet moving dramatizations separately addressing verbal (12 mins.), physical (19 mins.) and sexual abuse (20 mins.) Total Run Time is 51 minutes.

FACS3008 DATE RAPE: BEHIND CLOSED DOORS. [01/01/94].  
Note: The myths and misconceptions surrounding date rape provide insight into the origins of this crime. This eye-opening video defines rape and elaborates on the fact that rape is a crime of violence, not a crime of passion. Viewers learn specific actions they can take to avoid becoming the victim of date rape along with coping strategies should it happen to them or someone they know. Viewers learning how to deal with the fear that no one will believe them, feelings of guilt for placing themselves in the situation, and the many "should have's" and "should have not's" which are often associated with date rape. Run time is 35 minutes.

FACS3009 THE CROWN PRINCE. [01/01/97].  
Note: This video looks at one of the most serious and pervasive problems facing society today - family violence. Regardless of what form the violence takes, statistics indicate alarming and far-reaching consequences for children who grow up as either witnesses or victims of domestic violence. Run time is 38 minutes.

FACS3010 FAMILY FUNCTIONS. [01/01/97].  
Note: This video provides an in-depth examination of the types of family environments existing in today's society. The once traditional nuclear family has evolved into many different types of functioning families including: single parents, blended, dual career, extended and couples. An explanation of each type and the advantages and disadvantages of each are discussed. The video also presents the different types of problems that can affect families, resources where a family can find help to cope with crisis and communication tips. Run time is 23 minutes.

FACS3011 TWO TEENS AND A BABY. Churchill.  
Note: Teenagers Brian and Chris are angry and embarrassed when their parents announce that there will be a new baby in the family. "You mean, you still, uh, do it? And why didn't you take precautions?" Life gets pretty frantic for them when the baby arrives. Then one night, Brian, Chris and baby Katy are on their own, and the boys quickly learn what it REALLY means to love and take care of a baby. Run time is 44 minutes.

FACS4000 THE COMPLETE BABY SITTER.

Note: Real-life, open-ended situations are presented in this video which leads to discussion. Three areas of babysitting are presented: safety, care and activities, and business aspects. Run time is 60 minutes.

FACS4001 HUMAN DEVELOPMENT: 2 1/2 TO 6 YEARS.

Note: This video explores the concepts of intelligence and IQ, stressing their subjective nature. It also examine how environmental factors can influence IQ. Run time is 30 minutes.

FACS4002 BIRTH DEFECTS: TOO LATE TO CHANGE.

Note: A teenage mother discusses her child's birth defect and how the mother's negligence during pregnancy contributed to the defect. Run time 8 minutes.

FACS4007 RECOGNIZING CHILDREN WITH SPECIAL NEEDS. [01/01/94].

Note: This program is intended to help childcare givers recognize minor physical and/or psychological disabilities in the children they work with and suggests activities to assist these children in their development. Run time is 19 minutes.

FACS4008 CHILD DEVELOPMENT: PRENATAL TO BIRTH. [01/01/94].

Note: This video examines in detail the stages of pregnancy and fetal development up to birth. Proper prenatal habits such as good nutrition, exercise and medical care are also covered. Run time is 13 minutes.

FACS4018 CHILD CARE:OUTDOOR SAFETY : SETTING UP THE RULES. Bergwall, [1996]. Note: This video details managing a facility that promotes safe, imaginative play. Runs 19 mins.

FACS4019 CHILD CARE: OUTDOOR SAFETY : THE PLAYGROUND. Bergwall, [1996]. Note: This video highlights a caregiver's supervision of on-site outdoor play. Runs 16 minutes.

FACS4020 CHILD CARE: OUTDOOR SAFETY : KIDS ON THE GO. Bergwall, [1996]. Note: This video explores field trip preparation for students in child care. Runs 16 minutes.

FACS4021 CHILD CARE: INDOOR SAFETY : MAKING IT SAFE. Bergwall, [1996]. Note: This video highlights design safety features in the care center by providing a room-by-room walkthrough. Run time is 20 minutes.

FACS4022 CHILD CARE: INDOOR SAFETY : KEEPING IT SAFE. Bergwall, [1996]. Note: This video introduces a site safety checklist as a means of inspecting a child care setting and shows how to recognize toys that are unsafe. Run time is 18 minutes.

FACS4023 CHILD CARE SAFETY: INDOOR SAFETY : PLAYING IT SAFE. Bergwall, [1996]. Note: This video details the appropriate adult/child ratios to maintain a safe level of supervision. Run time is 16 minutes.

FACS4024 LAURA J COLKER. LEARNING TO LOOK, LOOKING TO LEARN. Teaching Strategies, [1995]. Note: This video helps new and experienced early childhood educators learn about children so they can individualize and evaluate their program so they can adjust the environment, the curriculum or both and measure the children's progress and their acquisition of skills. Run time is 30 minutes. 1995.



FACS4025 RED MEAT & POULTRY SAFETY & PREVENTION. CEV Multimedia, [1997]. Note: This program teaches safe food-handling procedures for red meat and poultry. Close-up photography and practical advice make this video ideal for those who need to know how to select quality meat, freezing, and preservation guidelines, safe thawing procedures, proper cooking temperatures and sanitation tips. Run time is 31 minutes.

FACS4027 INGREDIENTS FOR A GOOD START. Sacramento CA: California Dept of Education, Note: This video program presents information on three aspects of feeding children in group care. It explains how children's food and mealtime needs change through the stages of early childhood; gives information about foods to offer infants and introduces the Food Pyramid as a guide for planning meals for children over two years of age; and suggest ways to help children acquire lifelong habits of pleasurable and healthful eating. Run time is 25 minutes. 1994

FACS4028 SENSORY PLAY: CONSTRUCTING REALITIES. National Association for the Education of Young Children. Note: The National Association for the Education of Young Children (NAEYC) is the nation's largest membership organization of early childhood professionals and others dedicated to improving the quality of services for young children and their families. Their goal is to achieve high quality early childhood education for all young children- birth through age 8- in all communities. NAEYC offers a wide range of services to early childhood professionals, parents, policymakers, and others who wish to learn more about child development and early education and improve available services. NAEYC video resources reflect an effort to provide a diverse range of information and video formats on the many aspects of early care and education. Run time is 18 minutes. 1994.

FACS4029 INFANT CURRICULUM: GREAT EXPLORATIONS. National Association for the Education of Young Children. Note: The National Association for the Education of Young Children (NAEYC) is the nation's largest membership organization of early childhood professionals and others dedicated to improving the quality of services for young children and their families. Their goal is to achieve high quality early childhood education for all young children- birth through age 8- in all communities. NAEYC offers a wide range of services to early childhood professionals, parents, policymakers, and others who wish to learn more about child development and early education and improve available services. NAEYC video resources reflect an effort to provide a diverse range of information and video formats on the many aspects of early care and education. Run time is 18 minutes. 1994.

FACS4031 CHILD DEVELOPMENT: PRENATAL TO BIRTH. Meridian Education Corporation, [1998]. Note: This program features interactive training modules with live-action video and interactive testing to ensure content absorption. It discusses various stages of growth and development including activities, capabilities, and needs of children. Users will be guided through the program with learning objectives and asked pertinent questions after each section of video. If they give the wrong answer, they will automatically be taken back to review the video containing the answer. 1998.

FACS4032 CHILD DEVELOPMENT: BIRTH TO ONE. Meridian Education Corporation, [1998]. Note: This program features interactive training modules with live-action video and interactive testing to ensure content absorption. It discusses various stages of growth and development including activities, capabilities, and needs of children. Users will be guided through the program with learning objectives and asked pertinent questions after each section

of video. If they give the wrong answer, they will automatically be taken back to review the video containing the answer.

**FACS4033 CHILD DEVELOPMENT: ONE TO THREE.** Meridian Education Corporation, [1998]. Note: This program features interactive training modules with live-action video and interactive testing to ensure content absorption. It discusses various stages of growth and development including activities, capabilities, and needs of children. Users will be guided through the program with learning objectives and asked pertinent questions after each section of video. If they give the wrong answer, they will automatically be taken back to review the video containing the answer. 1998.

**FACS4034 CHILD DEVELOPMENT: THREE TO FIVE.** Meridian Education Corporation, [1998]. Note: This program features interactive training modules with live-action video and interactive testing to ensure content absorption. It discusses various stages of growth and development including activities, capabilities, and needs of children. Users will be guided through the program with learning objectives and asked pertinent questions after each section of video. If they give the wrong answer, they will automatically be taken back to review the video containing the answer. 1998.

**FACS4035 CHILD DEVELOPMENT: FIVE TO EIGHT.** Meridian Education Corporation, [1998]. Note: This program features interactive training modules with live-action video and interactive testing to ensure content absorption. It discusses various stages of growth and development including activities, capabilities, and needs of children. Users will be guided through the program with learning objectives and asked pertinent questions after each section of video. If they give the wrong answer, they will automatically be taken back to review the video containing the answer. 1998.

**FACS4036 ALCOHOL AND PREGNANCY: FETAL ALCOHOL SYNDROME AND FETAL ALCOHOL EFFECTS.** Aims. 1992 Note: Fetal Alcohol Syndrome is one of the three leading causes of mental retardation and the only one that is entirely preventable. Many parents-to-be are unaware of the dangers of drinking alcohol during pregnancy and of the consequences of giving birth to a child with FAS or FAE. This program shows how alcohol adversely affects the developing fetus and points out critical periods during pregnancy when the fetus is most vulnerable. Through candid interviews, it presents a realistic look at the daily struggles of the FAS/FAE child and his parents or caregivers. The interviews, featuring a diverse group of children, teenagers, biological parents and foster parents, create a developmental overview of FAS/FAE in understandable language. Run time is 20 minutes. 1992

**FACS4037 RESPECTFULLY YOURS: MAGDA GERBER'S APPROACH TO PROFESSIONAL INFANT/TODDLER CARE.** California Dept. of Ed, [1998]. Note: The video covers a variety of topics, including Magda Gerber's philosophy of care, her approach to observing infants and toddlers, and her concerns about infant equipment. It is divided into three parts (segments of 16 to 19 minutes each) for use by trainers. Fade-outs appear after parts one and two to enable trainers to select any of the three parts to show and discuss during a training session. Run time is 58 minutes.

**FACS4038 THE CHILD DEVELOPMENT VIDEO SERIES - INFANCY: THE BEGINNING.** CEV Multimedia, Note: The development of self-esteem begins at birth, and this program illustrates how responding to the needs of infants can enhance that self-esteem. Caregivers demonstrate the importance of being consistent; paying attention to social, emotional and mental needs during diaper changing; addressing individual needs at nap time; and providing

equipment, toys and an environment that encourages a "look what I can do attitude." Viewers see how a corporate child-care center handles the unique needs of two special children. Run time is 24 minutes. 1997.

FACS4039 THE CHILD DEVELOPMENT SERIES - TERRIFIC TWOS. CEV Multimedia, [1997]. Note: Making the best of this "difficult age" is the focus of this program. Interactions between caregivers and energetic 2-year-olds illustrate how to enhance self-esteem with visual art, manipulatives, eating, cleaning up, putting away toys and creative play. Suggestions for creative play centers and manipulatives are given. Run time is 25 minutes.

FACS4040 THE CHILD CARE WORKER VIDEO SERIES: WATCH ME GROW. CEV Multimedia, [1997]. Note: Caregivers who work with and teach children can be more successful by knowing how children learn and develop. Providing a description of the year-by-year physical, mental, social and emotional development of children, this program helps caregivers tune into the various needs of children. Examples showing the developmental levels of children ages infant to 5 are provided. An excellent overview for anyone contemplating entering a child-oriented career or as an in-service program for day-care and preschool personnel. Run time is 29 minutes.

FACS4041 THE BABY VIDEO LIBRARY SERIES - VOL. 7: THE NEWBORN BABY. Medical Media. Note: The Baby Video Library is the first comprehensive health series ever to be produced in a video format. This completely new approach combines dramatization and documentary techniques in a series prepared by medical experts. The vital information presented in this easy-to-understand series can greatly reduce infant mortality and death rates. This volume features: symptoms and early diagnosis; conception; implantation; early embryonic development and fetal growth; physician visit in detail; history, physical exam, tests; critical stages; nutrition, exercise, weight gain; use of medicines; harmful substances, alcohol, tobacco, illicit drugs; miscarriage; morning sickness; sexually transmitted diseases; Rh incompatibilities, and normal marital relations. Run time is 34 minutes.

FACS4042 THE BABY VIDEO LIBRARY SERIES - VOL. 8: CHILDHOOD - THE 2 MONTH OLD. Medical Media. Note: The Baby Video Library is the first comprehensive health series ever to be produced in a video format. This completely new approach combines dramatization and documentary techniques in a series prepared by medical experts. The vital information presented in this easy-to-understand series can greatly reduce infant mortality and death rates. This volume features: symptoms and early diagnosis; conception; implantation; early embryonic development and fetal growth; physician visit in detail; history, physical exam, tests; critical stages; nutrition, exercise, weight gain; use of medicines; harmful substances, alcohol, tobacco, illicit drugs; miscarriage; morning sickness; sexually transmitted diseases; Rh incompatibilities, and normal marital relations. Run time is 34 minutes.

FACS4043 THE BABY VIDEO LIBRARY SERIES - VOL. 9: CHILDHOOD - THE 4 MONTH OLD. Medical Media. Note: The Baby Video Library is the first comprehensive health series ever to be produced in a video format. This completely new approach combines dramatization and documentary techniques in a series prepared by medical experts. The vital information presented in this easy-to-understand series can greatly reduce infant mortality and death rates. This volume features: symptoms and early diagnosis; conception; implantation; early embryonic development and fetal growth; physician visit in detail; history, physical exam,

tests; critical stages; nutrition, exercise, weight gain; use of medicines; harmful substances, alcohol, tobacco, illicit drugs; miscarriage; morning sickness; sexually transmitted diseases; Rh incompatibilities, and normal marital relations. Run time is 22 minutes.

FACS4044 THE BABY VIDEO LIBRARY SERIES- VOL. 10: CHILDHOOD - THE 6 MONTH OLD. Medical Media. Note: The Baby Video Library is the first comprehensive health series ever to be produced in a video format. This completely new approach combines dramatization and documentary techniques in a series prepared by medical experts. The vital information presented in this easy-to-understand series can greatly reduce infant mortality and death rates. This volume features: symptoms and early diagnosis; conception; implantation; early embryonic development and fetal growth; physician visit in detail; history, physical exam, tests; critical stages; nutrition, exercise, weight gain; use of medicines; harmful substances, alcohol, tobacco, illicit drugs; miscarriage; morning sickness; sexually transmitted diseases; Rh incompatibilities, and normal marital relations. Run time 21 minutes.

FACS4045 THE BABY VIDEO LIBRARY SERIES - VOL. 11: CHILDHOOD - 9 TO 15 MONTH OLD. Medical Media. Note: The Baby Video Library is the first comprehensive health series ever to be produced in a video format. This completely new approach combines dramatization and documentary techniques in a series prepared by medical experts. The vital information presented in this easy-to-understand series can greatly reduce infant mortality and death rates. This volume features: symptoms and early diagnosis; conception; implantation; early embryonic development and fetal growth; physician visit in detail; history, physical exam, tests; critical stages; nutrition, exercise, weight gain; use of medicines; harmful substances, alcohol, tobacco, illicit drugs; miscarriage; morning sickness; sexually transmitted diseases; Rh incompatibilities, and normal marital relations. Run time is 20 minutes.

FACS4046 THE BABY VIDEO LIBRARY SERIES - VOL. 12: CHILDHOOD - 15 TO 18 MONTH OLD. Medical Media. Note: This program features explosive learning and development; individuality; characteristics; communication; one-on-one time; meals; bedtime; imitative behavior; learning to speak; discipline must be fair and loving; nervous behavior, stuttering and thumb sucking; family TV policy; role models, answering questions about sexuality and sexual growth, and safety issues. Run time is 23 minutes.

FACS4047 BIRTH AND THE FIRST FOUR WEEKS. Medical Media, [1993]. Note: This program presents everything you need to know about the birth process and the first four weeks of a newborn baby's life. You will witness three actual births: a "natural" birth, a birth using anesthetic, and a cesarean birth. This vital information can dispel the anxiety and fear associated with this marvelous event. 1993.

FACS5001 CHOOSING A MARRIAGE PARTNER: A GOOD MARRIAGE DOESN'T JUST HAPPEN. Note: This two part video encourages the viewer to think about points that may cause conflict in marriage and suggests ways to determine if a choice for a spouse may have too many feelings and attitudes that will conflict. Run time is 23 minutes.

FACS5005 YOUR HEALTH RESPONSIBILITIES. Note: This program deals with substance abuse and how to handle peer pressure. Run time is 13 minutes.

FACS5008 PLAYING THE GAME: A VIDEO ON DATE RAPE.

Note: A couple is getting acquainted with a few drinks and dancing at a fraternity party when the boy invited the girl to his room. He assumed her interest was sexual, she felt she was raped. The program depicts both sides of the story and leaves the conclusion open ended to encourage discussion. A discussion guide is included. Run time is 15 minutes.

**FACS5009 DATING VIOLENCE: THE HIDDEN SECRET.**

Note: Several young people, both female and male, discuss the emotional and physical abuse they endured and/or perpetrated during dating relationships. Interspersed with those interviews are comments from a psychologist and a school principal who stress that abusive treatment is not indicative of a mature loving and caring relationship. Study guide is included. Runs 25 minutes.

**FACS5014 WHEN DATING TURNS DANGEROUS. [01/01/95].**

Note: The program addresses the growing problem of dating violence, describes the patterns it takes and why abusers act the way they do, and how the abuse gradually destroys a victim's self-esteem. The program asserts that abusers won't change without treatment and offers effective strategies for helping a victim reestablish a normal life. Run time is 33 minutes.

**FACS5015 YOU WOULD IF YOU LOVED ME: MAKING DECISIONS ABOUT SEX.**

Note: This video discusses prompting students to consider the consequences of sexual activity; informs students that they are not alone in their questions, fears and concerns about sex; illustrates the difference between real love and infatuation; corrects sexual myths and misconceptions and prepare students to counter pressures and cultural messages. 30 mins.

**FACS5016 ATHLETES FOR ABSTINENCE: IT AIN'T WORTH IT! [01/01/95].**

Note: This is a music/documentary video with some of today's hottest athletes talking straight about the potential hazards of pre-marital sex and the advantage of abstinence. Its exciting style and informative content make it the perfect tool for young people in the fight against peer pressure, sexually transmitted diseases and problems to overcome. Run time is 25 minutes.

**FACS5017 MAGICAL MAKE-OVER. [01/01/97].**

Note: This entertaining video deals with the core question all teens struggle to answer: who am I? Self-esteem is the basis for decisions teenagers make about dating, drugs and alcohol. In Magical Make-Over, Christine assumes various personas in an attempt to impress a popular guy. Run time is 34 minutes.

**FACS5019 SELF ESTEEM VIDEO SERIES: FUNDAMENTAL PERSONAL**

**DEVELOPMENTD. CEV Multimedia, [1998].** Note: Put yourself under the care of our self-esteem specialists - an executive director of a personal development school, a skin care specialist and a hair stylist. In this exciting video, you'll see how you can improve your self-image, personality, actions and behavior as you improve your physical appearance and your presentation" skills. Your self-esteem team shares facts and tips about diet and exercise, nutrition, hygiene, grooming, apparel and presentation skills - eye contact, shaking hands and how to "carry" yourself to express your confident, new self. Run time is 23 minutes.

**FACS5020 THE SELF ESTEEM VIDEO SERIES: IMPROVE YOUR SELF ESTEEM. CEV Multimedia, [1998].**

Note: Sometimes, don't you wish you could just "rebuild" yourself? What would you change...shyness? Confidence level? But you don't want to be a fake, either, so what would you keep? In this video, experts and students demonstrate how to build upon your strengths to make realistic, effective changes that can improve your self esteem. Humorous, typical scenarios help viewers understand the power of positive and

negative self-esteem and how our self-image is affected by what others think of us and expect of us. Insightful questions and real-life success stories offer a healthy game plan to assessing and optimizing self-worth through a step-by-step approach. Run time is 20 minutes.

FACS5021 TOXIC RELATIONSHIPS: THE NEXT GENERATION SPEAKS OUT ABOUT DATING VIOLENCE. Sunburst, [2001]. Note: The video is directed toward both young people just starting a relationship as well as those in a relationship that may have already turned toxic. The on-screen teens urge viewers to recognize the warning signs of a toxic relationship: verbal abuse, name-calling, intimidation, possessiveness. Calling the cycle of abuse an ongoing pattern that may continue until one person in the relationship speaks out or ends up dead, they emphasize that the signs of abuse need to be recognized early on. Run time is 30 minutes.

FACS5022 COMMUNICATION 101: JUST BETWEEN US. CEV Multimedia. Note: Why would anyone need to know about communication? It's common sense, isn't it? WRONG! We communicate with every word and action. Even silence communicates how we feel. Effective communication is an art and skill to be mastered. Our lives and personal relationships can be dramatically changed and enhanced through interpersonal communication. The dynamic VideoActive presentation includes the qualities of effective communicators, specific techniques, powerful communication tools, and tips for expressing emotions and feelings. Tom Kimball, L.M.F.T., speaks about the importance of several communication concepts, such as metacommunication, perception checking and emotional expression. Communication 101 is a valuable addition to any life skills curriculum. Run time is 28 minutes.

FACS6001 REAL PEOPLE: COPING WITH EATING DISORDERS. Sunburst, [03/09/01]. Note: This video features real life situations of people with eating disorders. Coping mechanisms and treatment techniques are included.

FACS6005 KEEPING OUR FOOD SAFE. Note: In this program, experts discuss care that must be taken to avoid contamination of food. It focuses on animal feed contaminants, natural toxins, pesticides and additives. Run time is 28 minutes.

FACS6006 TOTAL WELLNESS PART I. Note: This video discusses the importance of nutrition and stress control to total wellness. Run time is 27 minutes.

FACS6007 TOTAL WELLNESS PART II. Note: This video discusses the importance of exercise which is planned for personal needs and leisure time and which provides a release from daily pressures to total wellness. Run time is 27 minutes.

FACS6008 NUTRITION FOR TEEN ATHLETES. RMI Media Productions. Note: Sports medicine specialists and student athletes discuss nutrition necessary for optimum participation in various sports in this video. Run time is 30 minutes.

FACS6019 AN INTRODUCTION TO FOOD SCIENCE. [01/01/93]. Note: This program provides information about careers in food science by highlighting some of the contributions food scientists have made to insure a safer food supply. Elements in foods are discussed along with the effects they have on human growth and development. A discussion guide is included. Run time is 13 minutes.

FACS6021 TIP-TOP TOTS: THE NUTRITION PYRAMID FOR PRE-SCHOOLERS.

[1993]. Note: This program is directed to child care workers who are responsible for preparing meals for young children. The program begins with information about eating habits of 2-6 year olds and offers suggestions to encourage good habits. The nutrition pyramid is explained along with age appropriate serving sizes and suggestions to present foods in an appealing way. Runs 20 mins.

FACS6023 LOW-FAT COOKING. [01/01/94]. Note: This program identifies high fat foods and suggests low-fat substitutions for many of them. Methods of food preparation that increase fat content are discussed and changes in preparation methods are demonstrated. A lifestyle change in diet is recommended rather than a quick fix. Run time is 15 mins.

FACS6024 HOW TO READ AND USE FOOD LABELS. [01/01/94]. Note: This program explains the components of the new food labels required by law on all packaged foods. Run time is 15 minutes.

FACS6025 FOOD AND FAT. [01/01/93]. Note: This video discusses types of fats found in foods and shows how to choose fats wisely for a balanced diet. Runs 28 minutes.

FACS6026 FOOD AND FITNESS: COMMON NUTRITIONAL MISUNDERSTANDINGS. [01/01/95]. Note: This entertaining video teaches the basics of sound diet, weight control and healthy eating habits. Your students spend a day on patrol with the Nutri-Squad battling nutritional fraud and misinformation. They'll travel to a Diet Management Center where they expose "Dr. Diet;" to a halfway house for recovering junk food junkies where they perform a nutritional makeover; to a health club where they give a warning citation to the instructor running a spot reduction program. An instructor's guide is included. Run time is 24 minutes.

FACS6031 KITCHEN SAFETY ESSENTIALS. Cambridge Educational.

Note: This informative video covers the importance of cleaning and sanitizing, proper use and storage of knives, food safety and storage, storage and use of electric appliances, dealing with kitchen fires, and much more. Viewers become aware that their health and the health of others depends on their actions in the kitchen and they learn the proper procedures to keep disasters from occurring. Run time is 30 minutes.

FACS6032 FOOD SAFETY. Learning Seed Company, [1995]. Note: This important program teaches why safe food handling procedures are essential in the kitchen. Viewers are introduced to dangerous food handling practices and learn why the proper procedures are a must. Demonstrations of proper procedures include avoiding cross contamination of tools and surfaces, hand washing, use of containers that are suited to food storage, how to handle poultry and other "trouble" foods, safe temperature zones for food storage, and more are included. An instructor's guide is also included. Run time is 25 minutes.

FACS6033 DYING TO BE THIN. [01/01/96]. Note: This program profiles a young woman obsessed with the desire to be thin. It has taken her four hospitalizations and years of outpatient therapy to help her overcome her problem. Doctors in this program discuss the characteristics of anorexia nervosa and bulimia and identify those most likely to be affected by these disorders. Run time is 18 minutes.

FACS6034 READ THE FOOD LABEL. [01/01/96]. Note: This video examines the new labeling requirements imposed by the U.S. Department of Agriculture. In addition,

the new regulations will ensure that all nutrition information is up-to-date with dietary needs of Americans in the 90s. Run time is 15 minutes.

**FACS6035 FOOD SAFETY AND SANITATION.** Note: Because food safety is often based on sanitation, this is a valuable program for anyone who cooks. Prevention of food-borne illness by following important sanitation rules is included. Topics covered include: personal hygiene, illness and injury, cleanliness, temperature control, equipment sanitation and work areas. Interactive scenes coupled with helpful explanation identify common problem areas and encourage classroom discussion. Run time is 17 minutes.

**FACS6036 NUTRITION: EAT AND BE HEALTHY.** [01/01/97]. Note: This video presents the Food Pyramid in ways easy to understand; shows the importance of proper nutrition; teaches the viewers how to use the Food Pyramid in their daily lives; compares the old Food Pyramid to the new; and expels common myths about proper nutrition. Run time is 18 minutes.

**FACS6037 NUTRITION AND EXERCISE: TEEN WELLNESS.** [01/01/96]. Note: This video program encourages teens to look and feel good inside and outside by eating right and getting enough exercise and rest. Using the Food Pyramid, the program explains nutrition affects and choosing the right foods. The program highlights the value of a wellness lifestyle in maintaining weight and reducing stress and motivates viewers to take responsibility for their well being. Instructor's guide included. Run time 25 minutes.

**FACS6038 EATING DISORDERS: THE HUNGER WITHIN.** [01/01/97]. Note: In this video, ABC News correspondent Lynn Sheer visits the Montreux Counseling Center in Victoria, British Columbia, where Peggy Claude-Pierre offers hope and a highly successful alternative treatment plan for anorexia and bulimia to more than 400 patients annually. The program demonstrates how Ms. Claude-Pierre has succeeded where traditional medical care has failed in confronting an illness that has a high relapse rate and no cure in sight. Runs 42 minutes.

**FACS6039 UNDERSTANDING NUTRITION LABELING.** [01/01/97]. Note: This informative videotape explains the labeling system's intricacies and what the information means to consumers. Key terms such as cholesterol, carbohydrates, protein and fat will be explained. Viewers will be show how to use the information provided to make healthy food choices. An instructor's guide is included. Run time is 30 minutes.

**FACS6040 FOOD ADDITIVES: DO YOU KNOW WHAT YOU EAT?** [01/01/97]. Note: This video program explains food additives, why they are used, and how the intelligent eater should treat them. Here are some questions explored in the video: What are the most common food additives? Which food additive is most likely to damage health? Why do foods contain so many additives? And more. An instructor's guide is included. Run time is 24 minutes.

**FACS6041 CAREER PATHWAYS: CULINARY ARTS AND FOOD SERVICES OCCUPATIONS.** [01/01/96]. Note: This video program discusses a few of the fastest growing Culinary Arts and Food Service careers and includes valuable information about employment



opportunities, job descriptions and qualifications, wage expectancies and an employment outlook for each career. An instructor's guide is included. Run time is 15 minutes.

**FACS6042 INTRODUCTION TO FOOD-BORNE ILLNESS. [01/01/97].**

Note: This video provides a general overview of the types of organisms that cause food-borne illness and gives some basic rules and practices to help minimize the risk of contracting or spreading a food-borne disease. The program discusses proper handling, storage and cooking of foods as well as temperature control and cross contamination with special emphasis on prevention and personal hygiene. Run time is 39 minutes.

**FACS6043 FAST FOOD – CAN YOUR BALANCED DIET SURVIVE FAST FOOD?**

This video shows how viewers you can eat at some of the fast food restaurants occasionally and still maintain a balanced diet. The program shows which fast foods have the most fat and which are nutritionally reasonable. The program surveys the main choices in hamburgers, chicken, fish, and frozen desserts and shows how to make the wisest dietary choices. 1991  
Runs 25 minutes.

**FACS6044 MEAT COOKING TECHNIQUES. CEV Multimedia, [1995].**

Note: This video shows handling and cooking tips to keep meats tender and juicy and cooked to their flavor bests. Cuts of meat, aging, tenderizing, marinades, dry and moist methods of cooking and food safety are explained. Run time is 30 minutes.

**FACS6045 HANDLING HAZARDS IN CHILD CARE - PART II. CEV, [1996].**

Note: This video explains universal precautions with live-action demonstrations by child care staff and children. Viewers are exposed to issues that all caregivers face, such as the safe handling of body fluids, proper cleaning techniques, hand washing, protective clothing and the use of special equipment. Run time is 27 minutes.

**FACS6046 SPORTS AND NUTRITION : THE WINNING COMBINATION. Charleston WV: Cambridge Educational, [1997].** Note: This video shows how to eat right while in training, before competition, and during the event. There is emphasis on drinking the right amount of fluids including which sport drinks are safe to use and discusses the use of supplements. Approx. 30 minutes or less?

**FACS6047 WHAT ARE NUTRIENTS? Huntsville TX: Educational Video Network.**

Note: This video explains each nutrient and its role in the human body. Students will learn about the nutritional value of each food group and they'll be able to determine appropriate serving sizes for meals. Run time is 14 minutes.

**FACS6048 NUTRITION EDUCATION ACTIVITIES FOR TEENAGERS. [01/01/93].**

Note: This learning kit on nutrition contains a five part video and a guide with discussion suggestions and related activities to reinforce each video program.

**FACS6049 FOOD SCIENCE: KITCHEN MYSTERIES REVEALED. Learning Seed, [2000].**

Note: Why do we whip cream and beat eggs? Why do onions cause tears? What does shortening shorten? What do soft drinks have in common with bread? Where does the heat in hot peppers come from? What make bread rise, pop-corn pop, and Jell-O gel? These are just a few of the questions this video uses to illustrate that science lives just as much in the kitchen and on the dinner table as in the laboratory. Those who fail to see the science in food

are doomed to see recipes as a mysterious set of instructions instead of a tested set of procedures based on scientific principles. This cross-disciplinary video looks at everyday foods with the eyes of an inquiring scientific mind. Run time is 21 minutes. 2000.

FACS6050 FOOD FOR THOUGHT: NUTRITION AND CHILDREN. Note: This is an educational child care program developed by Indiana's Social Services. The video discusses child care and the importance of food, nutrition, food preparation, cleanliness, the dishwashing system, food temperatures, and serving meals.

FACS6051 THE INTERACTIVE GUIDE TO WHAT'S INSIDE: NUTRITION FOOD LABELS. Note: Starting with a brief look at the history and evolution of the food label, this timely presentation gives viewers useful information on the Nutrition Labeling and Education Act that became effective in 1994.

FACS6052 HEALTHY LIFESTYLES. Note: This multimedia program provides information to help people make the best decisions for living healthy and feeling good. The two-CD-ROM set contains sections covering Diet & Exercise, Smoking, Alcohol Abuse, Sexual Health, and Teen Pregnancy.

FACS 6053 SUPER SIZE ME-EDUCATIONAL TOOL OF EPIC PORTIONS **NEWLY ADDED**  
Hart Sharp Videos, Inc. 2004 Educationally Enhanced (ee) DVD for Grades 6-12. In SUPER SIZE ME, film maker Morgan Spurlock, unravels the American obesity epidemic by interviewing experts nationwide and by subjecting himself to a "McDonald's ONLY" diet for a full thirty days straight! This Sundance Film Festival Award-Winning feature is as entertaining as it is horrifying, as it dives into corporate responsibility, nutritional education, school lunch programs, and how we as a nation are eating ourselves to death. This educationally enhanced (ee) DVD includes new, instructional content in the form of lesson plans (12 for middle school and 12 for high school) on the categories of health, physical education, language arts, social studies, mathematics, science, and life skills. These include Student Handout Materials, and an Instructor's Manual. Other features on the ee DVD are the "Cafeteria Counter" which is an interactive food calculator that helps users learn the consequences of their food choices. Plus "Super Quiz Me" is a trivia game in the spirit of TV's great game shows. Try dividing the class into two teams to compete and learn at the same time! Both of these activities are fun, interactive, and most importantly, educational. Correlates well with the very latest in Nutrition Pyramid guidelines. TOTAL Running Time is 100 minutes, but may be broken into smaller segments. **NEW in 2004**

FACS6054 BECOMING INDEPENDENT: SKILLS FOR FOOD SHOPPING Note:  
This exciting teen video series explores the basic life and consumer skills students need to succeed on their own. Each video features a knowledgeable and "street wise" expert chosen for their ability to communicate with teens and young adults. Emphasizing practical, concrete skills students will appreciate the color footage and graphics that keep the tempo upbeat and entertaining. 1991 Approx 30 mins. or less.

FACS6055 CARBS ON TRAIL **NEWLY ADDED**  
VHS Tape. There is a hush in the courtroom as the judge prepares to hear a food group cause of action. In this unusual approach to a current hot topic, the controversy centers around carbohydrates. The plaintiff believes all carbohydrates are bad. He seeks a judgment ordering the defendant to stop making health claims about carbs. The defendant is fighting to protect the right of carbohydrates to be honored as necessary nutrients for life. Each side makes their case about simple and complex carbohydrates. There are food exhibits and

expert witnesses testify about carbohydrate energy sources. The true facts about carbohydrates are revealed and a surprise witness saves the day. What's the verdict? Well, you'll just have to watch until the end. A student quiz sheet is available. For Grades 6 - 12. Run Time is 15 minutes. NEW IN 2005

FACS6066 NUTRITION AND MENU PLANNER. Meridan Education Corporation.  
Note: This program allows the user to plan a day's menu by choosing foods from the nutrition pyramid groupings. Nutritional values of food items appear next to each food selection. Personal information is stored in a database to be accessed later to compare with the food values selected from over 4,000 items. Live action video clips are included.

FACS6069 FANTASTIC FOOD PYRAMID. Teacher's Video Company, [2003].  
Note: The FDA-approved food pyramid guides students to better health. A young host visits a farmers' market and a dairy farm where she explains the importance of a healthy diet. Find out which foods make up the six food groups and the appropriate number of servings and serving sizes you should eat every day. Students also learn how to examine a food label to accurately decipher the nutrients in processed foods. Run time 19 minutes.

FACS7000 SEX: A TOPIC FOR CONVERSATION. Note: Dr. Sol Gordon, a leading educator and communicator in the field of sex education, answers questions from teenagers on subjects such as contraception, love vs. sex, sexually transmitted diseases, and teenage pregnancy. The underlying theme is abstinence for teens. Run time is 25 minutes.

FACS7006 SINGLE PARENTING. Note: Single mothers, single fathers and children of single parents discuss with a psychoanalyst their own experiences and feelings. Run time is 30 minutes.

FACS7008 IT ONLY TAKES ONCE. Seattle WA: Intermedia, Inc. Note: This video is designed to teach teens and preteens about responsible sexual choices: from saying "no" to using effective contraception. This program reaches teenagers because it uses their language. Testimonials from teen parents are featured which dispel the romantic myths about parenting. Run time is 23 minutes.

FACS7014 TRUTH OR CONSEQUENCES. Black Hills Special Services, [1994].  
Note: This program features teen parents. Perspectives from both the teenage mother and father are presented, as well as parents of the teens. Financial concerns and life styles are changed discussed. Run time is 9 minutes.

FACS7015 LIFE SKILLS FOR THE TEEN PARENT. Note: This video helps new parents focus on being the best parent they can be. Experts and teen parents share information that really helps, such as taking care of your own self-esteem to overcome negative feelings and stresses. Viewers are encouraged to recognize their strengths and weaknesses and become more self-aware and self-directed. The importance of setting attainable goals for yourself and your family is emphasized, as is the support and understanding a support group can provide. Run time is 24 minutes.

FACS7016 KIDS HAVING KIDS: TEENAGE PARENTHOOD. Cambridge Educational.  
Note: As the number of teenage pregnancies continues to rise, so does the number of adolescents choosing to see their pregnancies through and keep their babies. Expectant

mothers need to be aware of the benefits and problems associated with the options of marriage or single parenting. This program stresses the importance of developing a positive and responsible attitude in order to make the best of the situation. The program focuses on helping teenagers make responsible decisions about sex before an unwanted pregnancy occurs. Run time is 40 minutes.

FACS7017 KIDS HAVING KIDS: TEENAGE PREGNANCY. Cambridge Educational. Note: Over one million each year...Nearly three thousand everyday...Almost two every minute. These startling figures are the number of American teenage girls who get pregnant. The program openly discusses teenage sexual behavior and attitudes toward birth control; studies the parental obligations of the male and stresses the need for open communication and realistic decision making. Interviews with several girls, their boyfriends, parents, counselors, teachers and other professionals examine the realities of one of the most critical issues facing young Americans today, teen pregnancy. Run time is 40 minutes.

FACS7018 SINGLE PARENTING: ONE PARENT FAMILIES. United Learning, [1995]. Note: Forty percent of all children born in this decade spend time in a single parent home. This program is intended to help the single parent learn how to deal with the unique challenges that are part of being a single parent. It focuses on ways to minimize the adverse effects that a divorce or death in the family may have on children. Run time is 27 minutes.

FACS7020 THE BABY VIDEO LIBRARY SERIES - VOL. 2: PREGNANCY - 2ND TRIMESTER. Medical Media. Note: The Baby Video Library is the first comprehensive health series ever to be produced in a video format. This completely new approach combines dramatization and documentary techniques in a series prepared by medical experts. The vital information presented in this easy-to-understand series can greatly reduce infant mortality and death rates. This volume features: symptoms and early diagnosis; conception; implantation; early embryonic development and fetal growth; physician visit in detail; history, physical exam, tests; critical stages; nutrition, exercise, weight gain; use of medicines; harmful substances, alcohol, tobacco, illicit drugs; miscarriage; morning sickness; sexually transmitted diseases; Rh incompatibilities, and normal marital relations. Run time is 19 minutes.

FACS7021 THE BABY VIDEO LIBRARY SERIES - VOL. 3: PREGNANCY - 3RD TRIMESTER. Note: The Baby Video Library is the first comprehensive health series ever to be produced in a video format. This completely new approach combines dramatization and documentary techniques in a series prepared by medical experts. The vital information presented in this easy-to-understand series can greatly reduce infant mortality and death rates. This volume features: symptoms and early diagnosis; conception; implantation; early embryonic development and fetal growth; physician visit in detail; history, physical exam, tests; critical stages; nutrition, exercise, weight gain; use of medicines; harmful substances, alcohol, tobacco, illicit drugs; miscarriage; morning sickness; sexually transmitted diseases; Rh incompatibilities, and normal marital relations. Run time is 15 minutes.

FACS7023 THE BABY VIDEO LIBRARY SERIES - VOL. 5: BIRTH - BIRTH USING ANESTHESIA. Note: The Baby Video Library is the first comprehensive health series ever to be produced in a video format. This completely new approach combines dramatization and documentary techniques in a series prepared by medical experts. The vital information presented in this easy-to-understand series can greatly reduce infant mortality and death rates. This volume features: symptoms and early diagnosis; conception; implantation; early embryonic development and fetal growth; physician visit in detail; history, physical exam, tests; critical stages; nutrition, exercise, weight gain; use of medicines; harmful substances,

alcohol, tobacco, illicit drugs; miscarriage; morning sickness; sexually transmitted diseases; Rh incompatibilities, and normal marital relations. Run time is 21 minutes.

FACS7024 THE BABY VIDEO LIBRARY SERIES: VOL. 6: BIRTH - PREPARED CHILDBIRTH & C-SECTION. Medical Media. Note: The Baby Video Library is the first comprehensive health series ever to be produced in a video format. This completely new approach combines dramatization and documentary techniques in a series prepared by medical experts. The vital information presented in this easy-to-understand series can greatly reduce infant mortality and death rates. This volume features: symptoms and early diagnosis; conception; implantation; early embryonic development and fetal growth; physician visit in detail; history, physical exam, tests; critical stages; nutrition, exercise, weight gain; use of medicines; harmful substances, alcohol, tobacco, illicit drugs; miscarriage; morning sickness; sexually transmitted diseases; Rh incompatibilities, & normal marital relations. Runs 23 mins.

FACS7029 PROMS AND PACIFIERS: TEENS AS PARENTS. Education Associates. Note: Live action video which explores the consequences of teenage pregnancy including the realities of parenthood, the balancing of school, work, and finances, the effects on family and social relationships, and parenting skills. A series of vignettes introduce the topics. The video guides the user when to stop the tape and complete discussion questions and activities provided in the accompanying Teacher's Guide.